











CRUNCHY SNACKS

Serving Size Examples

Cracker	Type	AGES			Cracker	Type	AGES		
		1-2	3-5	6-12			1-2	3-5	6-12
	Cheez-Its 27 crackers = 30g	10	10	19		Saltines 5 crackers = 16g	4	4	7
	Goldfish 55 crackers = 30g (Goldfish Whole Grain*)	20 (1/4 c)	20 (1/4 c)	40 (1/2 c)		Townhouse 5 crackers = 16 g	4	4	7
	Pretzels- Sticks 37 sticks = 30 g	13	13	25		Triscuits* 6 crackers = 28g	3	3	6
	Pretzels-Tiny Twists 22 twists = 28 g	8	8	16		Wheat Thins* 16 crackers = 31g <small>(Not all generic are whole grain rich)</small>	6	6	11
	Ritz 5 crackers = 15g	4	4	7		Whole Wheat Tortilla Chips* <small>Late July, Synders of Hanover Whole Grain, Aldi Simply Nature MultiGrain</small>	7	7	14

Need help determining serving size? Go to providerschoice.com for the Grain Calculator!

*One serving of grains per day must be whole grain-rich, this item is whole grain-rich.

**All grain items must be enriched or whole-grain.

Determining serving sizes for most crackers:

1-5 years - 10 g (0.4 oz)

6-12 years - 20 g (0.7 oz)

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